

TRI-COMMUNITY CO-OP

Bringing farm fresh produce and goods to Wrightwood, Phelan, and Pinon Hills

LOCAL  ORGANIC  SUSTAINABLE

www.tricommunitycoop.com or <http://groups.google.com/group/Tri-CommunityCo-op>

ORGANIZER'S NOTES...

Hello everyone!

We are working hard with the County to provide you with an actual Certified Farmers Market arriving this Spring in downtown Wrightwood! Stay tuned for more details! If you know of farmers or other vendors (produce, farm byproducts, artisanal - no swap meet type items), please contact me! Your baskets will continue to be a great value and full of local produce through the Winter. It is extremely important that you pay attention and read the emails we send to you. Through the Winter it may be necessary for us to cancel one of our pickup days due to inclement weather. If this occurs the only way you will hear about it is through your email - so please read them!

Thanks, and as always, Happy Locavoring!
Steph

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BASKET CONTENTS

R.S. Farms

1 red, 2 green bell pepper
Blue Lake Green Beans
Cantaloupe
Cucumber
Lettuce
Mexican Squash
Beefsteak Tomatoes
Cherry Tomatoes
Strawberries
Zucchini

Tehachapi

Grapes
Bosc Pears

Morningstar Farms

Avocado

Glencairn Farm

Chislett Oranges
Marsh Grapefruit

Gaytan Farm

Carrots
Parsley

FROM OUR TEST KITCHEN...

Cantaloupe Pie with Raspberry Meringue

- 1 RIPE **Cantaloupe**, peeled, seeded, and chopped
- 1 C Sugar
- 1/4 C **White Flour**
- 3 **Eggs**, separate whites from yolks
- 1 **Vanilla Bean**, or 1 tsp **Vanilla**
- 1/2 tsp **Cream of Tartar**
- 3 tsp **Chambord Liqueur**
- 1 **Pie Crust** (your own recipe or store bought) - pre-cooked
- combine cantaloupe, and 1/2 C sugar, and Vanilla in a sauce pan. Cook until cantaloupe is mushy.
- Separate eggs. Beat yolks until they turn light yellow and thicken up. add 1/4 C sugar and flour. Put in pan with Cantaloupe mixture.
- Stirring constantly, cook the whole mixture until it becomes like a pudding. You can mash the cantaloupe a bit while doing so if you like.
- Make meringue. Mix cream of tartar with egg whites.
- Beat the cream of tartar and egg whites

- together until soft peaks form.
- Slowly add remaining sugar **one tablespoon at a time**, and Chambord one tsp at a time, mixing in between.
- When solid peaks form stop mixing.
- Fill the pre-cooked pie crust with the cantaloupe custard. Top with meringue (just don't let the meringue sit too long or it will deflate and you will have to mix it up again).
- Bake at 400 until top becomes golden brown.
- Let cool in the refrigerator until ready to serve.
- **Aside:** If you're feeling sassy and want to add say 1/2 C of fresh raspberries to the cantaloupe mix because you bought some at the market, that would be DELICIOUS!
- Also, you could say do the same thing with strawberries, adding 1/2 C of sugared strawberries to the cantaloupe mix and taking 3 tsp of that strawberry juice and adding it to the meringue instead of chambord. I would decrease the sugar in the cantaloupe mix to 1/2 C and only 6 TBS sugar in the Meringue.

TIPS & SECRETS

- Marsh Grapefruits are perfect for putting on salads or inside dishes. They separate from their pith and skin easily.
- If you're canning right now, Blue Lake Green Beans were originally developed to be canned.
- Too many zucchinis? Grate them then press out the water and freeze them. Then you can have zucchini bread or zucchini crust pizza- even in winter!